

Yuav ua li cas yog tias...

Koj tau nrog ib tug neeg muaj tus mob thooj li los sis tau COVID-19*

Koj puas muaj mob?

Tsis Muaj

Muaj

Koj tsim nyog kuaj kab mob COVID-19 3-5 hnuv tom qab koj tshav tau tsis hais koj twb txhaj tshuaj tiv thaiv lawm los tsis tau.

Koj mus ua dej num li qub, looj daim ntaub npog ncauj kom haum zoo thaum nyob ze lwm tus mus li 10 hnuv thiab soj ntsuam tus mob. Kuab hnuv 5.

- Koj yuav tau mus ntsuas COVID-19, yam ntsuas zoo tshaj yog PCR, tsis hais koj twb txhaj tshuaj lawm los tsis tau.
- Tham nrog koj tus kws kho mob thiab nug seb koj puas muaj feem tau kev kho mob COVID-19 (tshuaj noj/tshuaj txhaj tawv nqaij).**
- Cais koj tus kheej tawm ntawm lwm tus neeg nyob hauv tsev.
 - Cais chav dej, chav pw, tais diav, thiab zam tej chaw sawv daws sib koom nyob.

Tsis Yog

Kev ntsuas tswm sim:

Yog

Tsis hais twb txhaj tshuaj tiv thaiv lawm los tsis tau, tus neeg tsis muaj tus cwj pwm mob thaum tshav tau COVID-19 lawm tsis ta caiv nyob tsev.* Koj mus ua dej num li qub, looj daim ntaub npog ncauj kom haum zoo thaum nyob ze lwm tus mus li 10 hnuv thiab soj ntsuam tus mob. Kuaj nyob rau hnuv 3-5.

Kev cais yuav xaus tom qab hnuv 5 yog tias tsis kub mus li 24 teev, tsis muaj mob thiab kuaj tsis tau COVID-19 rau hnuv 5 los sis tom qab. Looj daim ntaub npog ncauj kom haum zoo thaum nyob ze lwm tus mus li 10 hnuv. Yog tias kuaj tsis tau ces tsis kuaj los sis kuaj tau COVID-19 nyob hnuv 5, kev cais yuav xau thom qab hnuv 10 yog tsis kub mus li 24 teev.

*Fresno County Department of Public Health yooq raws California Department of Public Health kev caiv. Xav paub ntau txog cov kev caiv no, mus saib: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

**Xav paub ntau txog kev kho COVID-19, mus saib: www.fcdph.org/covid19treatments

